



KICKING BACK

March 2026

EDITION #150



Welcome to the March edition of Kicking Back.



Swim, Survive & Strive in Maningrida



Lots of Bronze Medallion training across the NT



Some of our awesome Swim Teaching Team

MISSION, VISION AND STRATEGY

MISSION: To prevent loss of life and injury in the community with an emphasis on the aquatic environment.

VISION: To build a healthy, strong and safe aquatic community through access to water safety education and training.

STRATEGY: Our People, Our Lifestyle, our Water

President: Randall Cook

OUR PEOPLE



Our 2024/2025 Annual Report is now available to read at the link below

[RLSSANT-Annual-Report-2024.2025.pdf](#)

Please enjoy reading about our activities for 2024/2025 in what was our Diamond Jubilee year, 60 years of service in the Northern Territory 1965-2025



ROYAL LIFE SAVING
NORTHERN TERRITORY

Annual Report



2024 / 2025

Proudly sponsored by
 Northern Territory
Government

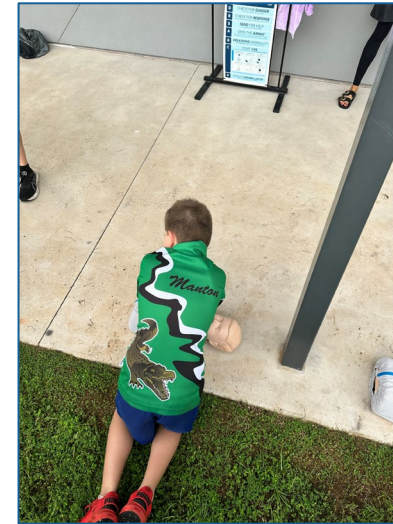
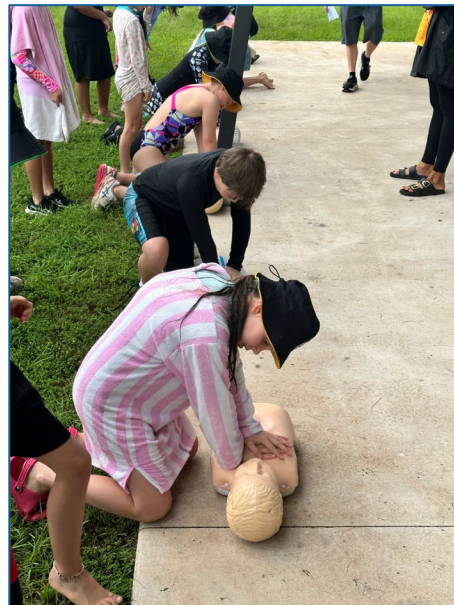
Marrara Christian College students enjoyed their Swim & Survive program from 9-19 March 2026 at Parap Pool. Well done to all students who participated and demonstrated great improvements in their swimming and water safety skills.



Students from Alawa Primary School participated in their Swimming, Water Safety & Life Skills Program across three Fridays in March. The program aims to develop student's skills in many areas including

- Swimming skills
- Lifesaving skills
- Survival skills
- Leadership skills
- CPR awareness
- Critical decision making
- Skills in other sports such as tennis, basketball and yoga
- Team building exercises
- Mind and body wellness

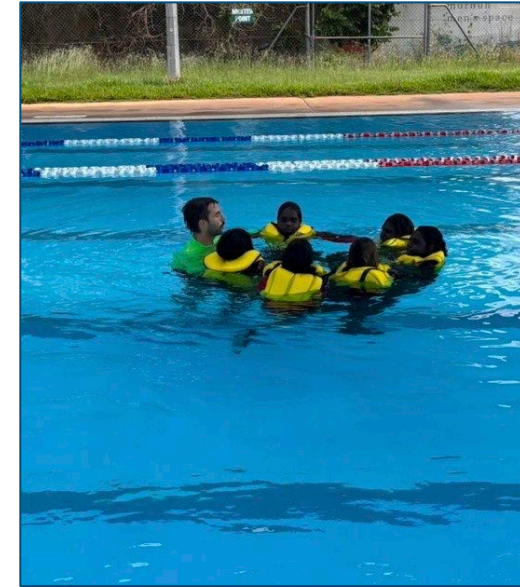
The program was well received by Students, Staff and the Royal Life Saving NT Staff.



OUR PLACES **Swim and SURVIVE**



The Team travelled to Maningrida to deliver the Swim, Survive & Strive program to the students of the community from 9-13 March 2026. A huge shoutout to the local community members who assisted with the delivery of the program. Well done Maningrida!



OUR PLACES



Well done to the Senior students from Maningrida College - 19 students completed their First Aid training on 9 March and are ready to support their community. Congratulations Seniors!



OUR PLACES



On 4 March we travelled to Nhulunbuy to deliver Bronze Medallion training to community members. Well done to these legends who completed their training in challenging weather conditions!



OUR PLACES



Congratulations to the Alice Springs Police Cadets who completed their Bronze Medallion training on 4 March.
They are rescue ready and community lifesavers!



OUR PLACES



This wonderful group of Educators completed their Swim Teacher Rescue Award training at Namarluk School on 16 March. Well done to all the participants, their students can now enjoy their water activities safely!



OUR PLACES



Bronze Medallion training was delivered on 21 March in Darwin. Well done to all the participants and our Trainers for enduring some very intense Wet Season weather to successfully complete the training. Rescue ready legends!



OUR PLACES



The Team from Clontarf completed their annual Bronze Medallion training on 31 March at Parap Pool. Great job legends!





UPCOMING COURSES- DARWIN

Bronze Medallion or Update

Darwin | 18 April 8:30am-4.30pm
16 May 8:30am – 4:30pm
(update course 8:30am-12:30pm)

Pool Lifeguard

Darwin | 20 & 21 June 8.30am – 5pm
29 & 30 August 8.30am – 5pm
10 & 11 October 8.30am -5pm

Pool Lifeguard Update

Darwin | 3 October 8.30am – 5.30pm

In-house group training available on request

- Face-to-face First Aid
- Swim Teacher Rescue Award
- Hydrotherapy Rescue Award



Royal Life Saving NT
ABN 57 939 760 839 - RTO 0859
GPO Box 1229, Darwin NT 0801
RTO Provider #0859

Book Now



trainingmanagernt@rlssa.org.au



<https://nt.training.royallifesaving.com.au>



Royal Life Saving Northern Territory



8981 5036



OUR PEOPLE



Throughout the month of March we delivered our annual Junior Police Rangers training programs. Royal Life Saving NT has been delivering this training for over 25 years to young enthusiastic participants, and this year was no exception! Well done everyone on obtaining some valuable life saving skills!





Goldfishbowl Swim School



Term 2 bookings are now open! Term 2 lessons commence on 13 April 2026 and run through until 21 June. Visit our website to make your booking or download our app! [learn to swim darwin, swimming lessons Darwin](https://www.learnstoswimdarwin.com.au)



How to book in at the Goldfishbowl Swim School



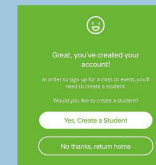
<https://www.learnstoswimdarwin.com.au/>



- 1** Download IclassPro
You can download it using the App store or Google play



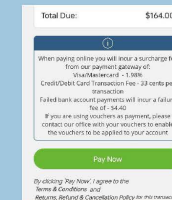
- 2** Create an account for yourself
Enter your details, not your child's. The organisation is goldfishbowl



- 3** Create an account for your child/ren
Make sure you read and understand the policies before accepting



- 4** Find an available class that suits you
Our staff are always happy to assist you with finding the right time or level



- 5** Pay lesson Fee
If paying through the app, full payment is required. If using vouchers send them through to gfish2@bigpond.com before proceeding with payment so they can be taken off the total payment

Any enquires please contact us

Phone: 8931 1000
Email: gfish2@bigpond.com



POOL LIFESAVING



Pool Lifesaving will commence once again....

Come and join Lou, Asheton & “Bob” at the Goldfishbowl from 14 April and make a splash with Pool Lifesaving this term.

Tuesday & Thursday at the Goldfishbowl, Palmerston
4.30-5.30pm

New members are welcome!

NTG Sport Vouchers can be used for the session fees

Email sportnt@rlssa.org.au for further information

Pool lifesaving.
It's more than just a sport.





WATER SAFETY AWARENESS PROGRAM

Help your child build essential water safety skills.

Follow the steps below to obtain access to the government funded swimming vouchers – this program is for children under the age of five

Step 1 – Apply for the WSAP Program

Register your child online:

<https://nt.gov.au/leisure/sport/sport-and-swim-vouchers/learn-to-swim-vouchers-for-your-child/water-safety-awareness-program-registration-form>

Step 2 – Receive Your WSAP voucher Number

You will receive a unique WSAP voucher number.

📌 Keep this in a safe place — it stays the same for your child **until they turn 5.**

Step 3 – Complete the Emergency Care Session

Complete the online Emergency Care Session to receive a one-off \$50 Water Safety Awareness Program voucher. The link to this session will be emailed to you along with your child's Water Safety Awareness Program Voucher Number *(please allow five business days from submitting your application)*

Step 4 – Apply for Learn to Swim Vouchers

Families can apply for \$100 Learn to Swim vouchers twice per year until their child turns 5:

<https://grantsnt.nt.gov.au/grants/learn-to-swim-semester-1-jan-to-may-2026>

You will require your Water Safety Awareness Program Voucher Number to complete this application.

👤 These vouchers can be used to help cover the cost of children's swimming lessons and can be used in conjunction with the once off \$50 Water Safety Awareness Program Voucher.

Email wsap@rlssa.org.au for further information

183

children aged 0-4
years drowned over
the past ten years



**SUPERVISE
CHILDREN**





The Wet Season is here and with it the return of Royal Life Saving Northern Territory's important **Stay Out of Pipes and Drains** safety campaign.

We're calling on all Territorians to #staysafethiswet and encourage children to use safe swimming locations.

#stayoutofpipesanddrains



NATIONAL AQUATIC INDUSTRY WORKFORCE



Have you considered how stress, conflict or workplace culture can impact the wellbeing of aquatic industry staff?

Recent workforce insights have shown that aquatic facility workers experience higher rates of occupational violence and aggression (OVA) and that staff deal with an estimated 2,500 incidents of abuse each year.

Royal Life Saving has developed an online module which introduces aquatic facility staff to the fundamentals of identifying, managing and reducing psychosocial hazards in the workplace

Learn more about the Psychosocial Safety in the Aquatic Industry online module [here](#)



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 royallifesaving.com.au

The Goldfishbowl Swim School